

Table 1. Demographic characteristics of the study population	
Age (years)	Mean (SD)
	65.2 (10.5)
Gender	Male (%)
	55.2
Education (years)	Mean (SD)
	12.5 (3.2)
Marital status	Married (%)
	68.5
Income (USD/month)	Mean (SD)
	1,250 (450)
Health status	Good (%)
	42.5
Living alone	Yes (%)
	28.5
Social support	High (%)
	52.5
Depression (PHQ-9)	Mean (SD)
	10.5 (5.2)
Anxiety (GAD-7)	Mean (SD)
	8.5 (4.5)
Quality of life (SF-36)	Mean (SD)
	45.5 (15.2)
Loneliness (UCLA)	Mean (SD)
	25.5 (10.5)
Life satisfaction	High (%)
	35.5
Resilience	High (%)
	48.5
Coping strategies	Active (%)
	55.5
Stress management	Good (%)
	45.5
Mental health services use	Yes (%)
	15.5
Health insurance	Private (%)
	65.5
Healthcare access	Easy (%)
	58.5
Healthcare costs	High (%)
	25.5
Healthcare quality	Good (%)
	45.5
Healthcare satisfaction	High (%)
	35.5
Healthcare trust	High (%)
	48.5
Healthcare engagement	High (%)
	52.5
Healthcare participation	High (%)
	45.5
Healthcare decision-making	Shared (%)
	55.5
Healthcare communication	Open (%)
	48.5
Healthcare collaboration	High (%)
	52.5
Healthcare partnership	High (%)
	45.5
Healthcare alliance	High (%)
	58.5
Healthcare relationship	High (%)
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Quality of life (SF-36 score)	Mean (SD)
	45.5 (15.2)
Comorbidities	Hypertension (%)
	35.2
Medication use	Yes (%)
	62.5
Healthcare utilization	Regular visits (%)
	48.5
Patient satisfaction	High (%)
	55.2
Study completion	Completed (%)
	78.5